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By Loren Fishman



SUNDAY, LOCAL COMMENTARY | MONDAY, TUESDAY, THURSDAY & FRIDAY, POLITICAL OPINION | WEDNESDAY, HEALTH & WELLNESS ADVICE | SATURDAY, POSITIVE LIVING

A VIEW FROM THE VILLAGES HEALTH

Undoubtedly, the biggest concern I hear of within my practice centers around weight control. Whether it be one’s inability to lose weight, keep it off or maintain muscle mass — weight management is a hot topic.



Kristen Hubbard

COMMENTARY

In 2018, I developed The Villages Health’s first obesity management class. Quickly renamed “Choose to Lose,” it has become one of the Population Health team’s most popular classes.

Choose to Lose is a yearlong class, comprised of 18 group classes and two one-on-one sessions led by a registered dietitian.

Since inception, our registered dietitians have led 725 classes with over 3,500 attendees.

Through the ups and downs a year can bring, it’s beautiful to see the camaraderie amongst the various groups.

Of course, as a leader, the success stories are both moving and rewarding. In my most recent class, a member lost 31 pounds, or 18% of her total body weight, over 12 months.

Her total cholesterol improved by 32 points and her triglycerides decreased by 148 points.

When asked what one of the most impactful changes she made this past year was, she quoted “The first big change I made was in my social eating. I still go to lunch with the girls, but now bring half home. Portion control has been a big focus.”

After meeting her weight loss goal, she has now been given the tools she needs to focus on continued weight maintenance.

When congratulated on being the “biggest loser” in the group, she replied “Thank you Kristen. Your help was greatly

influential in my success.”

As registered dietitians, we love the stories of accomplishment and achievement.

But let’s face it — that is not everyone’s story. One of the biggest benefits of a group class, like Choose to Lose, is the accountability.

I tell my groups on day one that there will be many times where they don’t feel like showing up to class, but they need to.

Perhaps they traveled or had company.

Maybe they are going through a tough time physically or emotionally.

The results on the scale aren’t always what we want them to be, but we’re able to lift each other up, offer advice and encouragement, or simply lend an ear.

The past five years of leading Choose to Lose groups has been one of my favorite parts of my career.

I’ve not only developed treasured relationships, but have been able to witness them flourish around me.



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Our team of registered dietitians is passionate about helping you meet your goals.

We have a limited number of openings in our January 2023 groups, and will also be adding groups throughout the year.

The groups meet at various care centers within The Villages Health; however, you are not required to be a primary care patient of The Villages Health to enroll.

The cost is \$150 and covers all 18 group classes and two 30-minute individual sessions with a Registered Dietitian. Topics range from understanding your body composition and caloric needs to eating well, getting active, traveling, mindful eating, holidays, and much more.

More information these classes can be found on our website at Wellness Programs — The Villages Health or by calling 352-674-1770.

Kristen Hubbard, MS, RDN, LDN, is the population health supervisor and a registered dietitian at The Villages Health.

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